

RECIPE NAME: Pureed Sweet Potatoes with Pineapple						<i>Source: Fresh from the Farm: The Massachusetts Farm to School Cookbook</i>				
Grade Group: K-12						HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes cooling step				
Number of Portions: 50										
Portion Size: ¼ cup										
Serving Utensil: ¼ cup spoodle										
Servings Per Pan:										
Ingredients:			Weight		Measure		Procedure:			
Sweet potatoes, peeled and cut in half or cubed Pineapple, canned, crushed Butter Sugar, brown Ginger, ground Salt			6 lbs 6 ounces		1 ½ cups 2 Tbsp 1 ½ Tbsp ¾ tsp ¼ tsp		<ol style="list-style-type: none"> 1. Steam sweet potatoes, until soft. Timing will depend on power of equipment and size of sweet potatoes, about 10-30 minutes. Drain well. 2. Add warm sweet potatoes to a mixer with the pineapple, butter, brown sugar, ginger, and salt. 3. Mix until well blended. 4. Transfer into hotel pans and heat to 145°F. 5. Roast, uncovered, until cooked through and lightly browned. <div style="margin-left: 20px;"> Convection oven: 325°F about 30 minutes Conventional oven: 375°F about 40 minutes </div> <p>CCP: Heat and hold at 140°F or higher.</p>			
Total Yield			Number of Pans:			Equipment (if not specified in procedures above):				
Weight:		Measure (volume):		Pan Size:						
Meal Component Contribution Based on Portion Size									Nutrient Analysis Based on Portion Size	
Meat/Meat Alternate									Calories: 70	
Vegetable Subgroups			D/G	B/P	R/O	S	O	Saturated Fat (g): 0.29		
					1/8 cup			Sodium (mg): 22		
Fruits										
Grains										

D/G= Dark Green B/P= Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other